

Legacy Link Menu

February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Meatballs/Gravy Twice Whipped Potatoes California Vegetables Dinner Roll Oatmeal Cookie Milk Margarine Diet - Graham Crackers ALT: Chicken Breast/Gravy	Mushroom Chicken Mixed Beans Okra and Tomatoes Wheat Bread Mixed Fruit Chocolate Milk Margarine Diet - Same ALT: Beef Fingers/Gravy	Turkey Ham/White Beans Buttered Rice Glazed Carrots Cornbread Fresh Fruit Milk Margarine Diet - Same	Beef with Pepper and Onion Gravy Country Potatoes Mustard Greens Dinner Roll Fluffy Fruit Salad Milk Margarine Vinegar Diet - Mixed Fruit ALT: Smothered Chicken	Chicken Supreme Lima Beans Mashed Spiced Yams Wheat Bread Fresh Fruit Milk Margarine Cranberry Sauce Diet - Same
10	11	12	13	14 - Valentine's Day
Savory Chicken Buttered Rice Brussels Sprouts Dinner Roll Fudge Crème Cookie Milk Margarine Diet - Vanilla Wafers ALT: Western Beef	Meatloaf/Tomato Gravy Whipped Potatoes French Green Beans Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same ALT: Baked Chicken/Gravy	Chicken Pot Pie Corn O'Brien Herbed Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same	BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Cobbler Chocolate Milk Diet - Peaches ALT: Sloppy Joe	Lasagna Casserole Parslied Carrots Green Beans Amandine Dinner Roll Frosted Strawberry Cake Milk Margarine Diet - Pound Cake w/ Strawberries
17	18	19	20	21
Beef/Mushroom Gravy Whipped Potatoes Herbed Green Beans Wheat Bread Sugar Cookie Milk Margarine Diet - Graham Crackers ALT: Grilled Chicken/Gravy	Oven Fried Chicken Green Peas Mashed Spiced Yams Dinner Roll Strawberry Gelatin Milk Margarine Diet - Gelatin ALT: Glazed Turkey Ham	Sausage/Onions/Peppers Pinto Beans Cabbage Hot Dog Bun Fresh Fruit Chocolate Milk Mustard Diet - Same ALT: Sloppy Joe Meatball	Smothered Chicken Butter Beans Mixed Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT: Beef Patty/Onion Gravy	Beef Spaghetti Casserole Green Beans Tossed Salad Dinner Roll Apple Cobbler Milk Margarine Ranch Dressing Diet - Apple Slices
24	25	26	27	28
Honey Baked Chicken Country Corn Parslied Carrots Dinner Roll Peanut Butter Cookie Milk Margarine Diet - Graham Crackers ALT: Meatloaf/Brown Gravy	Beef Santa Fe Soup Parslied Rice Italian Green Beans Saltine Crackers Applesauce Milk Diet - Same	Macaroni and Cheese Blackeye Peas Collard Greens Cornbread Fresh Banana Milk Margarine Vinegar Diet - Same	Chicken and Rice Casserole Green Peas Spring Vegetables Wheat Bread Marble Cake Milk Margarine Diet - Pound Cake	Hamburger Patty Baked Beans Potato Wedges Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit Chocolate Milk Mustard/Catsup (2) Mayonnaise Diet - Same ALT: Veggie Burger

Amanda H Patrick, MS, RD, LD

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